



JaxAir News

TOUCHING BASE

CinCLantFit Detailer to visit

Commander-in-Chief, Atlantic Fleet (CinCLantFit) is again sponsoring an "A" school detailer trip to fleet concentration areas within the CinCLantFit command. The purpose of this trip is to discuss "A" school opportunities with General Detail (GenDet) personnel and offer assignments to school.

Only 22 percent of all new recruits are GenDets, yet they account for 45.6 percent of total Navy-wide, post Recruit Training Command (RTC) attrition.

In order to improve retention fleet wide, CinCLantFit encourages commands to get GenDets designated prior to their two-year point. GenDets who have 12 months on board are eligible to apply for any "A" school that they meet eligibility requirements to attend. All non-designated Sailors with 18 months or more on board should be afforded this opportunity to apply for the "A" school of their choice.

The "A" school detailer visit is scheduled to be at NAS Jacksonville on Monday from 8 a.m. until 4 p.m. Personnel desiring assignment to "A" school must have the following in their possession for their interview: command approved NavPers 1306/7, enlisted service record, and any supporting documentation required.

Request for waivers of eligibility requirements must be fully justified in the command endorsement. It is highly recommended that a representative from the command accompany personnel to their interview.

If there are any questions, call NC1 Stroman at 542-4495, Ext. 106.

Navywide advancement exams upcoming

The following is the upcoming Navywide advancement exam schedule:

**E6 – March 5, 6:30 a.m.
Hangar 1000**
**E5 – March 12, 6:30 a.m.
Hangar 1000**
**E4 – March 19, 6:30 a.m.
Hangar 1000**

All participants must be in the uniform of the day and must bring their I.D. cards.

The Navy advancement examinations now have 200 questions — some of which are based on occupational standards, and others on professional military knowledge (PMK).

The time of administration continues to be three hours.

Vroom

Navy unveils new weapon for recruitment

By JO2 (SCW) Eric Clay
Staff Writer

The familiar Navy phrase "Accelerate Your Life" took new meaning Feb. 10 when the Navy and Roush Racing unveiled the Navy Racing #50 Ford F-150 truck at Daytona International Speedway.

Commander, Navy Region Southeast Rear Adm. Jan Gaudio, driver Jon Wood and Roush Racing owner Jack Roush unveiled the truck to an assembled group of guests and Sailors from Naval Air Station Jacksonville and Naval Station Mayport.

The truck, emblazoned with numerous Navy logos and phrases, will make its racing debut at the Florida Dodge Dealers 250 on Feb. 15 with Wood at the helm.

"My job is to win a race for my team and for the millions of racing fans who've followed me through my career. I am proud to serve them," he said. "I am even more proud to drive the Navy Racing Truck and serve those 370,000 Navy men and women who are serv-



Photo by JO2(SCW) Eric Clay
CNOCM(AW) Philip Maufray and Commander, Navy Region Southeast Rear Adm. Jan Gaudio flanked by several Southeast Region Sailors proudly unveil the Navy-sponsored F150 NASCAR pick-up truck at Daytona International Speedway.

ing us 24 hours a day, seven days a week. I am humbled by the sacrifices they made in defense of this country."

Gaudio noted many parallels

between Navy carrier deck operations and NASCAR pit crews. "There's lots of horsepower, lots of action, lots of danger and a whole lot of people

doing a whole lot of things, as a team, very quickly, to make sure the one guy riding in the

See VROOM, Page 4

Ruiz-Roque takes over at NLSO SE

By Renee Bentley
Legal Administration Assistant

Cmdr. Orlando Ruiz-Roque will relieve Capt. Bill Sweeney as Commanding Officer, Naval Legal Service Office Southeast (NLSO-SE) tomorrow in a 10:30 a.m. change of command ceremony at the Navy-Marine Corps Reserve Center.

Sweeney hails from Miles City, Mont., and received his undergraduate degree, with honors, in 1978, and Juris Doctor degree in 1981 from the University of Montana. After a year's stint as an Assistant County Attorney for Dawson County, he joined the U.S. Navy through the direct commissioning program.

Following Naval Justice School, Sweeney was assigned to NLSO Pensacola, where he served as a trial counsel for 18 months. This initial tour was followed by assignments as Staff Judge Advocate, Naval Air Station Pensacola; Senior Defense Counsel, NLSO Guam; Staff Judge Advocate, Naval Supply Center, Puget Sound; and



Ruiz-Roque

Officer-in-Charge, NLSO Detachment Sigonella.

Following his tour in Italy, Sweeney was selected as the Executive Assistant to the Deputy Judge Advocate General/Commander, Naval Legal Service Command and served for two years. He next attended The Judge Advocate General's School in Charlottesville,



Sweeney

Va. where he received a Master of Laws (LLM) degree in Military Law with emphasis in Criminal Law. After receiving his LLM, he reported to the Naval Justice School where he served first as the Academic Director and then as Executive Officer.

In June 1995, Sweeney was appointed the Northeast Circuit

Military Judge for the Navy-Marine Corps Trial Judiciary. His two years on the bench were followed by a year as a student at the Naval War College where he was awarded his Master of Arts degree in National Security and Strategic Studies. In July 1998, Sweeney reported to Navy Region Southeast as the Regional Staff Judge Advocate, and one year later assumed Command of NLSO SE.

Sweeney has been awarded the Legion of Merit, the Meritorious Service Medal (4), Navy Commendation Medal (2), and the Navy Achievement Medal (2), and various other service awards.

Sweeney and his wife, Lana, reside in Orange Park with their son, Conor. Their son, Bill, is a junior at Rhode Island College, and daughter, Kelsey, a freshman at Clemson University.

As CO, NLSO SE, Sweeney had many responsibilities, including one detachment in Mayport, and three branch offices, in Charleston, S.C.; Kings Bay, Ga.; and Roosevelt

See NLSO SE, Page 5

NAS Jax to host Special Olympics

Here's your chance to volunteer for a good cause

The 2002 Area Five Special Olympics will be held at NAS Jacksonville March 16. Volunteers are needed to help with more than 500 Special Olympic athletes who are expected to participate in the games.

The Special Olympics athletes, from children to adults, will compete in a variety of events including running, throwing and the long jump.

About 800 volunteers are needed to be "Buddy" or "Event" volunteers.

Buddy volunteers pair up with their Special Olympics athlete and remain with him or her throughout the day. Buddy Volunteers are asked to arrive no later

than 9 a.m. to accompany their athlete to the Opening Ceremony at 10 a.m.

Event volunteers are asked to report by 8:30 a.m. They will help coordinate the athletic events or work in the Olympic Village, where other activities are available for the Special Olympic athletes who are in between events.

Volunteers may sign up at the following email addresses (make sure you include your name, address, telephone number and e-mail address):

Buddy Volunteers - shepherdb@nasjax.navy.mil (AKCS Bradley Shepherd 542-2566/7)

Event Volunteers -



dbonser@nasjax.navy.mil (Bill Bonser, 542-2930.)

There is also a need for old trophies. Anyone who would like to donate old trophies for recycling may drop them off at the NAS Jacksonville Station Gym on Gillis Street, Bldg. 614 (542-3239). Each athlete will receive a trophy!

Due to heightened security aboard the base, athletes arriving on buses will be cleared in advance to enter the base. Vehicles without a DoD decal will park at the Reserve Center just outside the Birmingham Gate. A shuttle to the site will be available.

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WEEKEND WEATHER

	FRIDAY 38/63 PARTY CLOUDY
	SATURDAY 40/66 CLEAR
	SUNDAY 41/63 PARTY CLOUDY

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site:
<http://www.nmof.navy.mil>

PSD UPDATE

Keep your emergency information current

From Personnel Support Activity Detachment

A lot has been going on at Personnel Support (PSD) Jacksonville since the Sept. 11 terrorist attacks. The Chief of Naval Operations (CNO) has issued a message directing immediate verification of Record of Emergency Date (Page 2s).

PSDs have always taken this tasking very seriously because the Page 2 is one of the most important documents in a member's service record. It is the document that provides information on the member, spouse, children, parents and the next of kin of the member's spouse. In case of personnel casualty, it designates the person(s) to be notified and designates the member's beneficiary for gratuity pay, unpaid pay and allowances and, if in a

missing status, allotments. It also serves as a source for locating the member's will and other valuable papers.

Service members are urged to keep information on their Record of Emergency Data current at all times. Updating this document is an important part of every member's check-in process. However, any change to dependency status, (i.e. adding a dependent, divorce or death, changing a beneficiary or address) should be made as soon as they occur.

Missing or incorrect information on a service member's Page 2 can be very damaging. As a matter of good practice, service members are encouraged to verify their Page 2 at least once a year.

Because of world events, the CNO designated Page 2 verification a world-wide

priority. The folks at PSD have been very busy verifying and retyping Page 2s for more than 7,000 Navy personnel assigned to 200 tenant commands at NAS Jacksonville and the Orlando area.

To get things off to a good start, PSD held a Pass Liaison Representative (PLR) meeting with local and area commands, as PLRs are the backbone of a command's administrative efficiency and your direct liaison with your local PSD. In order to ensure accurate and meaningful administrative service and support to area commands, it's essential that PLRs are involved in every level of pay and personnel services.

Each PSD customer command has a PLR assigned. The PLR works closely with PSD to make sure each and every aspect of pay and personnel support is accom-

plished. Through written correspondence, informal liaison and PLR meetings, PSD keeps PLRs informed of policy changes that have a bearing on pay, personnel, educational services and transportation matters.

An informed and knowledgeable PLR is an asset to his command. His role has a direct impact on his command and its personnel's morale. From the very beginning of the Page 2 verification, PLRs have been PSD's main source of assistance and support in ensuring that members verify these important documents. Ensuring that every member assigned has verified his or her Page 2 has not been an easy task.

There are a handful of individuals who have not verified their Page 2. We urge those people to contact their PLR or PSD as soon as possible.

African-American Luncheon set for Friday

The NAS Jacksonville Multi-Cultural Awareness Committee and NADep EEOAC are sponsoring an African-American Month Luncheon on Feb. 21 from 10:30 a.m. to 1 p.m. at The Zone.

The guest speakers for the event are Senator Regina Thomas and The Honorable Judge Pauline Drayton-Harris.

The menu will be a soul food buffet. Tickets are \$10.

For more information call AO1 Short at 542-2298 or Linda Moore at 542-5522.

Sailors learn to be sponsors



MCC(SW) Steve Jacobs, NAS Jacksonville career counselor, answers a student's question during a sponsor training course on base Feb. 11.

Wellness Center can help you kick the habit

The Wellness Center is sponsoring a 90-minute hypnosis session to quit smoking on Feb. 26 from 11:30 a.m. to 1 p.m. at the Wellness Center. All NAS personnel are eligible to attend.

Call 542-5292, Ext. 10 to register.

HELPING HANDS

Volunteers needed for projects

The JaxPride Coalition is looking for volunteers to help out with a number of projects at the Jacksonville Baptist Home for Children on University Blvd. From Feb. 28 through March 3. Lunch and tools are provided. Call 542-5380 for info.

Florida-Georgia Blood Alliance needs help

Make a difference by volunteering your gift of time at one of our seven donor centers located throughout Jacksonville. Positions include greeting donors, assisting in the blood drawing areas, tele-recruiting previous donors, clerical and more. Hours are flexible and training is provided. Call Lisa Morris at 353-8263, ext. 333 for details.



Sunday Services at the Base Chapel

You are invited to the following Chapel Worship Services this Saturday and Sunday:

Saturday 5 p.m. - Catholic Mass

Sunday 8:30 a.m. - Protestant

Communion 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.



Meet A Sailor ...

SK2 TRICIA BOYER

Job title/command:
Storekeeper, NMCB-14

Hometown: Parish

Past Duty Stations: JRB Dallas/Fort Worth, Texas

Family Life: Husband, Sloan Boyer, three children, Gabriel, 7, Joseph, 5 and Alexandra, 2.

Career Plans: To get a bachelor's degree in Human Resources Management.

Most Interesting Experience: Going to Camp Lejeune with the Seabees and sleeping in a tent with nine other people.

Words of Wisdom: Help everyone you can because one day you'll need their help.



Meet A Civilian...

CHERYL CARVER

Job title/command:
NEX Sales Person, Shoe Dept.

Hometown: Jacksonville

Family Life: Husband, Gene

Career Plans: Not yet decided.

Most Interesting Experience: Living on Black Creek.

Words of Wisdom: Smile at more people, it is contagious.

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Marriage Enrichment Retreat is April 5-7. For more information, or to register, call CREDO at 270-6958.

Jax Air News

NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel
Public Affairs OfficerCharles P. "Pat" Dooling
Deputy Public Affairs OfficerMiriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff

EditorLoren Barnes
Asst. EditorJO2 Mike Jones
Staff WriterJO2(SCW) Eric Clay
Staff WriterJO2(SW) Shae Blasko
Staff WriterJO3 Jackey Bratt

Civilian Staff

ManagerEllen S. Rykert
Staff WriterKaylee LaRocque
Design/LayoutGeorge Atchley

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Randy Dew, Advertising Sales Representative • 904-264-6424, ext. 18

Black History Quiz

Fill out the form and drop it into the drop-box outside the NEX by COB Feb. 15. Winners of the quiz will be announced at the Black History Luncheon.

1. Malcolm X, militant black nationalist leader, was assassinated on what date? _____
2. Who proposed that a black history week be observed in February? _____
3. Who was the first African-American to be presented a Congressional Medal of Honor on May 23, 1900? _____
4. What is the name of first known African-American to hold a patent, and used the money he earned from his invention to fund abolitionist causes? _____
5. Who performed the first successful open heart surgery in 1893? _____
6. What is the name of the person best known for publishing and almanac based on their astronomical calculations? _____
7. What was the name of the first African-American Air Force general? _____
8. Which former slave and noted abolitionist edited and published *The North Star*, an abolitionist newspaper? _____
9. The 15th Amendment, which granted African-Americans the right to vote, was passed on which date? _____
10. What key event in the civil rights movement happened in 1964? _____
11. Who was the first African-American keynote speaker at a national political convention? (1976) _____

12. Author, educator and civil rights activist W.E.B. Dubois published a collection of essays and sketches in 1903? _____
13. What is the name of the first African-American female astronaut and what year did she travel in to space? _____
14. Who was better known as "Black Moses"? _____

15. Who is generally considered the mother of the civil rights movement? _____
16. The first African-American person to win major titles in tennis? _____
17. Which landmark Supreme Court case represented an important victory for the civil rights movement in 1954? _____
18. What black man was the Founder of Chicago, Illinois? _____
19. What was the year and place that Jesse Owens won four gold medals? _____
20. What state was the first state with black members in its Legislature? _____

Local medical facilities get energy upgrade

By JO2 Mike Jones
Assistant Editor

Medical facilities here and aboard Naval Station Mayport recently received energy-conserving upgrades as part of NAS Jacksonville Public Works Center's energy conservation measures project.

The project, costing approximately \$1.6 million, will generate an annual savings of \$235,931. With a contract awarded in September, workers from the company TECO began implementing changes to the hospital facilities by mid-November. The project is expected to wrap up by the end of March.

Implemented measures include lighting replacements, interior storm window installations, heat recovery piping and pre-programmed thermostats, said TECO General Manager Matt Ossi.

TECO workers replaced incandescent lights, which typically use between 75-100 watts power, with newer compact fluorescent bulbs. "The diameter of the older lighting tubes were a little larger," said Ossi.

"We've replaced them



Photo by JO2 Mike Jones

Darek Vervane, project manager, installs a "Winsulator" energy-saving window pane at Naval Hospital Jacksonville.

with tubes with smaller diameters – more energy efficient. The new lights bring better quality at less cost. You actually get a better color rendering, and save between 30-50 percent in energy costs," he added.

Custom-fit "Winsulator" interior storm windows were also added. The window fittings provide an air cushion that increases thermal resistance and reduces energy transfer from outside elements. Energy savings result from the reduction in cooling load on the air conditioning system.

"We've tried to look at newer products and technology and see if there's

potential applications here," explained Ossi. "The 'Winsulator' is a definite example of this."

Additional upgrades included adjusting piping systems to route energy more efficiently.

Despite the upgrades, Lee Merrill, PWC Utilities department head, said with everyone's help, energy costs can always remain low.

"Everybody needs to take the attitude that if you saw something wrong with your home, you'd get it fixed.

Just because you don't pay the electric bill here each month, we all pay with our taxes," he said.

Chapel to sponsor special events for Valentine's Day

To celebrate Valentine's Day, a vow renewal ceremony is scheduled for tomorrow at 6 p.m. at the All Saint's Chapel. The special ceremony will be followed by a Sweetheart Dinner/ Dance at 7 p.m. at Vital Signs inside The Zone.

The menu includes steamed shrimp, baked fish, seafood casserole, roast beef, chicken, rice, potatoes and salad.

The cost is \$30 per couple. For more information and to sign up, call 542-3051.



Jax Navy Flying Club gets new home

By Kaylee LaRocque
Staff Writer

After being out of commission for several months due to a change of locations, the Jax Navy Flying Club (JNFC) is back up and running in their new spaces in Hangar H5 at Herlong Field on Normandy Boulevard.

To celebrate this event, an official grand opening and open house was held Feb. 2 to allow members, their families and prospective members the opportunity to see the new facility.

"Security concerns after the events of Sept. 11 prompted the club to relocate to Herlong Field. We used to be here for nearly 20 years before moving to NAS Jacksonville in 1981," said Randy Miner, president of the Jax Navy Flying Club.

The club reopened with about 75 members and is open to anyone who is affiliated with the Department of Defense. "Eligibility to join is governed by Navy BuPers Instruction 1710.22.

We had about 125 members before the move, and I expect we'll have more people rejoining when they realize we're settled in here," Miner added.

The primary purpose of the club is to provide recreational opportunities in aviation for military personnel and their family members. JNFC also operates a Federal Aviation Administration (FAA) certified flight school, offering students the opportunity to earn a private pilot's license.

The school also offers advanced classes such as commercial and instrument instruction, a multi-engine course, flight instructor training and airline transport pilot certificates.

"The FAA has five levels of pilot certificate from student to airline transport pilot depending on what type of aircraft you want to fly and how much experience a person has. JNFC is authorized to provide instruction for all these certificates," explained Miner.

To earn a private pilot's license, students are required to complete



Photo by Kaylee LaRocque

Naval Reservist Lt. Cmdr. Alan Anderson explains some of the statistics of his P-51D Mustang to Tor Deluca at the NAS Jax Flying Club grand opening at Herlong Field. Both are members of the club.

six weeks of Private Pilot Ground School and to complete a 60 question written exam.

Classes are held twice a week at night. After passing the FAA private pilot written exam, they must then complete the flying portion of the course consisting of 26 flight lessons.

"The ground school is a very structured course. The FAA sets the syllabus and inspects our operations regularly. It takes a lot of time and dedication to earn a pilot's license," said Miner.

"Once a student finishes ground school, we recommend they schedule flight lessons at least twice a week. This saves them money

because if you fly often, everything stays fresh in your mind and we don't have to review as much of a previous lesson."

The club currently owns two aircraft including a Cessna 172 and a retractable gear Piper Cherokee Arrow IV.

The club maintains and operates a Beechcraft T-34B trainer, which is owned by the Navy and loaned to the club. The club also operates several aircraft that are owned by individuals and leased back to the club for member's use.

For those extremely dedicated individuals, a pilot's license is attainable within 12 weeks says Miner. "But realistically, it's usu-

ally about four months," he stated.

The cost of the ground school is \$250, including books. The entire course runs approximately \$4,000 depending on which type of aircraft is used during the lessons.

"We are approved for VA flight training benefits where a pilot may receive 60 percent reimbursement for any flight training beyond the private pilot's license," said Miner.

For those interested in classes, another course is being offered in early March. For more information on the Jax Navy Flying Club and what it has to offer, call 786-9293.



Photo by Kaylee LaRocque

Randy Miner, a pilot instructor with the Jax Flying Club teaches a class at the Private Pilot Ground School at Herlong Field.

Confessions of a confirmed CLEPTo

From the Navy College Office

It began innocently enough. Me, the certified Couch Potato and as yet unregistered member of the Procrastinators Club, was coerced by a friend to "just try one." I really didn't expect to pass the test. There had been so many distractions in my high school days and that was almost a decade ago. After surviving a few college courses, however, I figured, "What the heck...I'll give it a shot."

My first challenge was the CLEP Social Science/History exam. After a distressing 90 minutes, I left the testing room thinking I'd wasted precious television time for naught. There was no way I'd pass that test.

Several weeks later I received notice that I'd received six college credits. Now, what kept running through my mind was, "Six credits...that would've been four nights a week three hours a night for at least six weeks!" In comparison, it had been rather painless and hassle free.

I was hooked! My nightmare of studying, testing, and getting ahead in life began. A college degree suddenly seemed quite attainable. I could not stop myself. Every Navy College testing center knew my face. They knew I was

addicted and yet, they willingly supplied more information, advice on how and what to study, and even ordered more tests for me to take. Every waking moment was devoted to planning, studying and testing. It hadn't been easy...It's taken an awful lot out of me. At one point, I got cocky; thinking I could take the tests without much studying, but I failed miserably.

As I read, I learned about such diverse subjects as anthropology, microeconomics, abnormal psychology, and human growth and development. It was no longer just the credits; although I must say it was the fastest year's worth of college I could ever hope for.

Last week, as I readied myself for yet another test, I glanced around the room and suddenly realized the faces were familiar. These same people had been testing with me all along. They nervously chatted among themselves about this test or that book and I realized at that moment that they must be afflicted with the same disease as me.

I sought help.

I visited many experts on this type of problem and they all had the same answer. This disease is incurable. The best way to alleviate the pain and pressure associated with such a disease is to

obtain a degree, which I did. While my decadent, selfish life of studying and testing will never be over; at least I'm on the road to recovery.

To avoid falling victim to this disease which will touch every area of your life, avoid making an appointment with a Navy College Education Specialist or Technician. They will tell you how quickly you can earn a degree using the free CLEP, DSST, RCEP testing programs coupled with college credit for military rating and experience. More than 100 multiple choice exams are stocked and administered every Monday, Tuesday and Wednesday at 9:30 and 11:30 a.m. and Thursday at noon in Bldg. 110. It is possible to earn 30 semester hours (one year of college credit) by taking five CLEP tests that are 90 minutes each. They'll explain professional recognition through national certification exams like Electronics Technicians Association, Automotive Service Excellence, and American Council on Exercise, EMT to mention a few.

Whatever you do, avoid calling 542-2477/75 to talk with a specialist about furthering your education. If you do, you too may find yourself making appointments to take tests and life will never be the same.

Central Michigan University Offers Graduate Programs

One of the most effective and exciting ways to broaden your skills in management and leadership as well as to increase your marketability in your future career is through continuing your education. To this end, the Navy College Office has brought Central Michigan University's dynamic graduate program onboard at NAS Jacksonville especially for you.

Through Central Michigan University (CMU), you can earn a Master of Science in Administration (MSA) degree with a concentration in either Leadership, Public Administration, Health Services Administration, or General Administration in less than 24 months and do it during your off-duty hours.

The program is geared for active duty service members such as yourself in that it meets on a Sat/Sun format every other weekend (three weekends per course) at NAS Jacksonville. This degree is 36 semester hours and we will accept up to 15 graduate transfer credit hours from other accredited institutions, including most military senior service schools.

This program will provide the knowledge and skills required for managers, administrators

and supervisors to function more effectively in all types of organizations. You will be able to receive a working knowledge of critical management and organizational skills in areas necessary in the military or civilian workplace. In short, an MSA degree from CMU will serve you in good stead whether you plan to stay in the military for 30 years or if you plan to pursue your career in the civilian sector.

We also believe in helping our students. You'll find an enthusiastic site representative to guide you and assist you in solving problems. CMU also provides a nationally-respected off-campus library service to students at no additional cost and brings in some of the best faculty in their field (both in terms of academic credentials and real-world experience).

It couldn't be a better time for you to pursue your master's degree. Contact the CMU office at NAS Jacksonville (Navy College Office) today and see how we can assist you in pursuing your education.

For more information, call Mario Zuniga or Christina Gaudio at 542-5477, or email us at either mario.zuniga@cmich.edu or christina.gaudio@cmich.edu.

VROOM: Navy unveils new recruiting tool

From Page 1

pointy end of that aircraft gets off and does his mission," he said. "That parallels very nicely with race car driving," he added.

The Ford F-150 will be used by the U.S. Navy's Center for Career Development as a vehicle for motivating and retaining active duty Sailors and Officers. Center leadership see this sponsorship as a great

vehicle for showcasing Navy opportunities to young men and women, as well as a point of pride for all Sailors and Officers.

"I think the Navy-sponsored racing truck is an excellent way to convey the career, travel and educational benefits the Navy has to offer," explained Master Chief Petty Officer of the Navy Jim Herdt. "The racing truck carries a message to the American people that our

Sailors are out there defending freedom, allowing everyone to enjoy this and all of our great national pastimes."

An estimated 25 million viewers watched the NASCAR Craftsman Truck Series during 2001. NASCAR racing is reportedly one of the most watched sports shows aired to the troops over the Armed Forces Radio and Television network.



Photo by JO2(SCW) Eric Clay

The Navy-sponsored F150 NASCAR pickup truck is pushed to its transporter after the unveiling.

NLSO SE: Ruiz-Roque takes over for Sweeney

From Page 1

Roads, Puerto Rico. NLSO SE consists of three client-focused regional departments, Defense, Personnel Claims, and Legal Assistance; and the Administration Department.

Sweeney's inspirational leadership was directly responsible for top-quality legal services to thousands of Sailors, retirees, and their families.

In 2001 alone, defense counsel represented Navy, Marine Corps, and Coast Guard personnel in more than 200 courts-martial, administrative separation proceedings, boards of inquiry and other military justice and administrative defense-related matters. In addition to a number of complicated rape and child-abuse cases, NLSO SE defense counsel represented defendants in several murder cases, and several high-profile cases involving officers.

Under Sweeney, NLSO SE served more than 150,000 legal assistance clients. His legal assistance team led the entire Navy in the provision of estate planning services and representation under the Expanded Legal Assis-

tance Program which saw a broadening of Florida Bar Rule 18 permitting non-Florida military legal assistance officers to represent certain Navy clients in state courts.

NLSO SE legal assistance department developed and managed a model Electronic Tax Filing (ETF) program for Navy Region Southeast, operating eight tax centers in partnership with Host Installations and tenant commands.

Additionally, NLSO SE's Claims Department is one of the busiest in the Navy. This outstanding department processed more than 6,500 personnel claims, typically within a 10-day turn-around time, paying Sailors more than \$3 million for damage to their personal property. In 2001, nearly \$1 million was recouped from household goods carriers, a nearly 30 per cent increase from previous years in the amount recovered from carriers.

Sweeney retires after 22 years of outstanding Naval service.

Ruiz-Roque was born in Cidra, Puerto Rico and raised in Dover, N.J. He was commissioned an

Ensign in the Judge Advocate General's Student Program in 1982. He received his Juris Doctor degree from Suffolk University Law School, Boston, in 1984 after graduating from Upsala College, East Orange, NJ, in 1981.

Following Naval Justice School, Ruiz-Roque was assigned to NLSO Jacksonville. He served as Defense and Senior Trial Counsel, and Head, Legal Assistance Department. In 1987 he was assigned as Staff Judge Advocate, Commander, Cruiser-Destroyer Group 12, Mayport, and deployed with the USS Dwight D. Eisenhower (CVN-69) Battle Group. In 1989, he reported to Naval Air Station Cecil Field, as Staff Judge Advocate until reassigned in 1991 to Naval Legal Service Office Detachment, Roosevelt Roads, as Officer-in-Charge.

He was awarded a Master of Laws degree, with distinction, in International and Comparative Law from Georgetown University Law Center in 1995, and reported to Office of the Judge Advocate General,

International and Operational Law Division. In 1996, he was selected for assignment to U.S. Southern Command to support Panama Canal Treaty negotiations, and the command's mission in National Security Strategy maritime and counterdrug matters. During his tour, Ruiz-Roque led judicial reform assistance programs throughout Central and South America, and earned designation as a Foreign Area Officer-Western Hemisphere. For his work with the Venezuelan Armed Forces in 1998-1999, he was awarded the "Honor Al Merito" Insignia by the Judge Advocate General of Venezuela.

In June 2000, Ruiz-Roque earned a master's degree in National Security and Strategic Studies from the Naval War College, and reported as Executive Officer, NLSO SE in July.

He is a member of the Massachusetts and Florida Bars.

Ruiz-Roque and his wife, Olga, have two daughters, Orlene Ashley and Orianna Lee.

Mobilization Team hits the mark

By ITC Tara Kissling

The Navy Mobilization Processing Site (NMPS) has been busy processing recalled reservists in support of operations "Noble Eagle" and "Enduring Freedom." Recently, they celebrated processing their 1,000th Reservist onto active duty. Fourteen NMPS locations nationwide have mobilized more than 8,225 reservists.

Nineteen members of the Naval Reserve Unit Personnel Mobilization Team 3208, were recalled in September 2001, to assist Commander, Navy Region Southeast in processing the large number of reservists that would be recalled following the terrorist attacks.

The members of the Jacksonville's NMPS coordinate mobilization issues for each reservist, working with Reserve activities, Medical, Dental, Legal, PSD and the Fleet and Family Support Center. Personnel are then transferred to their gaining commands throughout the world.

A ceremony Jan. 10 honored their accomplishment.



Photo by ITC Tara Kissling

Mobilization Team members: (front) Lt. Cmdr. Anna Plauga, Carol Grammer, SK2(SW) Cristal Warner, ITC Tara Kissling, YNC(AW) Carol Kline, Lt. Cmdr. Cheryl Pfannenstien, (back) Cmdr. Robert Perry, Lt. Jason Golden, YN2 Muriel Roberts, HMC Pamela Synnes, Capt. Frank Reynolds, SK1 Yolanda Cooper, PN1 Harriet Owens, YN2 John Dean.

FLEET & FAMILY SUPPORT CENTER

First Quarter Calendar

The Fleet and Family Support Center Jacksonville offers the following courses free of charge to all active duty, reserve, and retired personnel, family members and DoD employees. Pre-registration is required. Facilities for childcare is not available. If special accommodations for handicapped access is required, please notify the FFSC upon registration.

Life Skills Education Programs

Registration: Call 542-2766, ext. 127

Anger Control Workshop

Learn alternatives to anger and what to do when you get angry.
Feb. 28, 8-11 a.m.
March 28, 8-11 a.m.

Assertive Communication Training

Gain valuable communications skills that are honest, direct, appropriate and meaningful. Acquire assertiveness techniques applicable to business, family, social and personal relationships.
March 18, 1-5 p.m. Part I
March 25, 1-5 p.m. Part II

Career Success – Dealing With Work

This presentation is designed to increase awareness of internal value conflicts when two personal issues are tested. Participants will explore various methods of making healthy choices and effectively resolving these conflicts. Available upon request.

Coping With Difficult People

This workshop focuses on interpersonal skills, communication skills and coping with conflict in personal and work relationships.

March 7, 9 a.m. – noon

Divorce Adjustment Workshop

This workshop addresses such issues as the emotional impact of divorce on couples and children, coping skills and communication techniques, which can help reduce the effects of divorce. This program is designed for those who are contemplating or involved in a divorce.

March 5, Noon – 4 p.m.

Emotional Eating

This workshop is designed to aid adults who are experiencing difficulties as a result of using emotional eating as a coping mechanism for handling stress. Available upon request.

Florida Family Law Information Seminar

This three-hour seminar is structured to include important information about Florida law for individuals contemplating a divorce in Florida. Many topics are covered ranging from property division to medical support, child support and advice on hiring an attorney. Seating for each seminar is limited.

March 4, 9 a.m. – noon

Self Esteem

The workshop participants explore how the relationship that we have with ourselves affect our interaction with others. It includes techniques designed to increase self-awareness and improve self-esteem. Available upon request.

Stress Management Workshop

Learn how to manage and control tension and stress through relaxation techniques and a lead a happier, healthier and more productive life.

Feb. 26, 8 a.m.-4 p.m.

March 19, 8 a.m.-4 p.m.

Time Management

Identify major time wasters and effective time-saving techniques that can help you be more productive.

March 13, 9:30 a.m.-Noon

Deployment Support Programs

Registration: Call 542-2766, ext. 130

FFSC Command Pre-deployment Brief

This 30-minute brief describes services and assistance offered by FFSC. Focuses on how these services can benefit families before and during deployment. (Available upon request for General Military Training and spouse support groups.)

Return and Reunion

This workshop is for active duty service members and their dependents. It is designed to help them better understand and be prepared for the changes and adjustments of military deployment. (Available upon request for family support groups.)

Single Sailors and Pre-deployment

This program focuses on the emotional and financial aspects of deployment as they apply specifically to the single Sailor. Participants will explore the phases of deployment, emotions experienced, and learn strategies for coping (Available upon request for GMTs)

Single Parent Pre-deployment

This program addresses the unique concerns of the custodial single parent preparing for deployment. Issues discussed include childcare, legal issues, communications, etc. (Available upon request for GMT.)

Couples Pre-deployment

This program focuses on the emotional and financial aspects of deployment. Emphasis is on the phases of deployment, emotional adjustment, and helpful coping strategies. The financial component focuses on budgeting, practical preparation, and resources. (Available upon request for GMTs.)

Child and Adolescent /Teen Programs

Registration: Call 542-2766, ext. 130

Anger Management for Children &

Anger Management for Adolescent/Teen

Two separate, age-specific workshops designed to provide children 6-11 with the skills they need to be able to deal more effectively with anger and to resolve everyday conflicts using negotiation skills. (Available upon request.)

Building Self Esteem in Children

This workshop is designed to encourage parents to examine their present communication patterns and interaction with their children. This program consists of an overview of self-esteem and focuses on skill building for parents. Participants practice reinforcement of positive qualities in children and form a plan for doing this at home. (Available upon request.)

Navy Family Ombudsman Program

For Information call 542-2766, ext. 130

Ombudsman assembly meetings:

Feb. 28, 6:30 –10 p.m.

March 28, 6:30-10 p.m.



Basic Ombudsman Training

Required for Command Ombudsmen, CO, XO and CMC spouses and other key command personnel and spouses are also encouraged to sign up for this training.

Family Advocacy Prevention Programs

Registration: Call 542-2766, ext. 154

What About The Kids?

This workshop focuses on helping parents understand the effects of domestic violence on children as encompassing behavioral, emotional and social development. The purpose of this program is to instill hope that things can change.

March 12, 9-11 a.m.

Child Abuse

This is a comprehensive child abuse prevention curriculum designed for pre-school and kindergarten through six grade. This program works as a tool to teach children the skills they need to play a significant role in the prevention or interruption of child abuse in their own lives. (Available upon request.)

Good Touch Bad Touch

This is a comprehensive child abuse prevention curriculum designed for pre-school and kindergarten through six grade. This program works as a tool to teach children the skills they need to play a significant role in the prevention or interruption of child abuse in their own lives. (Available upon request.)

New Parent Support Programs

Registration: Call 542-2766, ext. 158

Budget For Baby Workshop

The Navy-Marine Corps Relief Society (NMCRS) Budget for Baby class is a two and one-half hour workshop designed to acquaint expectant parents with the financial aspects of child rearing. The focus is on preparing a budget with the anticipated expenses of a newborn included. The class is taught several times a month at varied locations. Call 542-3515.

Feb. 19, 6-8:30 p.m.

March 12, 11 a.m.-1:30 p.m.

March 19, 6 p.m.-8:30 p.m.

Volunteer Program

For information call 542-2766, ext. 130

Volunteer Service Council Meetings

Feb. 28, 1-3 p.m.

March 28, 1-3 p.m.

Transition Assistance Programs

Registration: Call 542-2766, ext. 151

Transition Assistance Workshop

These four-day pre-separation workshops are designed to assist separating Navy personnel with their transition into the civilian workforce.

March 11-14, 7:30 a.m. – 4 p.m. (separating Navy personnel)

Feb. 25-28, 7:30 a.m. – 4 p.m. (retiring Navy personnel)

March 25-28, 7:30 a.m.-4 p.m. (retiring Navy personnel)

Relocation Assistance Programs

Registration: Call 542-2766, ext. 151

Smooth Move Workshop

Learn how to apply for a travel allowance, plan a relocation budget and get helpful tips on personal property shipping and storage.

March 5, 8 a.m.-Noon

Sponsor Training Workshop

This training stresses the importance of sponsorship and teaches sponsors how to assist incoming personnel to ease relocation difficulties and reduce the apprehension normally associated with a PCS move.

March 20, 9-10 a.m.

Financial Education Programs

Registration: Call 542-2766, ext. 151

Command Financial Specialist Training

This 40-hour course is designed to teach senior personnel how to do financial counseling and education. SecNavInst 1740.5 recommend that commands with 25 or more active enlisted personnel have a trained Command Financial Specialist.

March 4-8, 8 a.m.-4 p.m.

Money Management Series

This series of financial management workshops are designed to offer individuals both general and specific information regarding personal spending. Most workshops include a hands on section. Upcoming workshops include:

Basics of Budgeting: This workshop focuses on the elements involved in developing a personal spending plan. Attendees are taught how to evaluate their spending profile, identify and set financial goals, and create their own personal spending plan.

Feb. 27, 9-11:30 a.m.

Car Buying Strategies: This workshop teaches car buying strategies.

Feb. 14, 9-11:30 a.m.

Home Buying: This workshop is an overview of the home buying process and is targeted for first-time homebuyers.

March 26, 9-11:30 a.m.

Savings and Investing: This workshop covers the basics of savings and investing – setting goals, developing strategies, wealth building, retirement planning, traditional and Roth IRAs, basics of mutual funds, and identifying personal risk tolerance.

March 14, 9-11:30 a.m.



AEC John Clay Otwell

NAMTRAU bids farewell to ‘Otter’

By ATC (AW/NAC)
Howard K. Chancy
NAMTRU PAC

Naval Aviation Maintenance Training Unit (NAMTRAU) Jacksonville suffered the tragic loss of a shipmate recently, AEC John Clay Otwell.

Clay, to those who knew him, and “Otter” to his friends, had only recently been selected and initiated into the Chief Petty Officer ranks. He and his fellow chief selects enthusiastically participated in the training and endured the enormous responsibilities and stress placed upon them.

Despite not feeling his best, he represented his fellow CPO selects very well in every aspect of the process. Chief Select Otwell became Chief Aviation Electrician’s Mate John Clay Otwell on Sept. 21, 2001.

Numerous hospital visits and batteries of tests later, it was discovered that cancer was at the root of his ill health. After the initial discovery, more tests revealed that the cancer spread too far to be stopped. The week prior to Christmas, Clay’s health took a turn for the worse.

On Dec. 21, 2001, NAMTRAU and the “Mad Foxes” of Patrol Squadron (VP) 5 arranged an early visit from Santa Claus for the Otwells. Santa hitched a ride on one of the base fire trucks and dropped in on the Otwell’s at home.

Clay, Theresa, Kayla, and Michael were there to greet Santa in person. Family and friends alike enjoyed the festivities and the visit. It was a nice way to begin the Christmas holidays.

Clay was still getting used to hearing his name attached to “Chief” when he lost his battle with cancer during the night of Dec. 21, 2001.

Tulia, Texas was his home before joining the Navy. Clay’s naval career began on March 6, 1985

when, as an airman recruit, he attended recruit training in San Diego, Calif. It was during his first tour while attached to Attack Squadron (VA) 174, based at Cecil Field, Fla., that he met Theresa Tan Harker, his future wife. Clay and Theresa were married June 18, 1988 in Orange Park, Fla.

After VA-174 decommissioned, his career took him to VP-5, AIMD Patuxent River, Md., and then back to the “Mad Foxes” of VP-5. Amid all this travel and duty stations, his daughter Kayla Marie and son Michael Dean were born.

Otwell’s career is a sparkling trail of recognition for his selfless service to his shipmates and country. Four Navy and Marine Corps Achievement Medals, numerous Unit Commendations and awards, two Theater Service Medals, Air Warfare Specialist and three Navy Good Conduct awards only scratch the surface of his career performance.

In contrast, his marriage of 13 years to the love of his life, Theresa, and the birth of his two children, overshadows any award we could offer.

Navy life is often tougher for the family than the person who wears the uniform.

Theresa, Kayla, and Michael, we salute you for your service and support of our country and your strength in the face of adversity. Your husband, your dad, our shipmate and brother, dedicated 16 years and eight months of his life to the service of his country in good times and bad.

Chief Otwell, we wish you “Fair Winds and Following Seas” and we now relieve you of the watch.

Theresa, Kayla, and Michael, you are still part of our Navy family and we will be here for you. We share your loss and offer our sympathies.

Navy News

All rescued after copter ditches in Atlantic

NORFOLK, Va. (NNS) — Four crewmembers were rescued after their helicopter went down in the Atlantic Ocean Thursday morning (Feb. 7), approximately 100 miles east of the Virginia Capes.

The helicopter, attached to USS Seattle (AOE 3), was conducting a vertical replenishment (VERTREP) with USNS Mount Baker (T-AE 34) when the incident occurred at 10:24 a.m. (EST).

The four crewmembers of the Navy CH-46 "Sea Knight" have been identified as: Lt. Lance Collier, 31; Lt.j.g. Cyndee Brittingham, 28; Aviation Machinist's Mate 2nd Class Kevin Maul, 29; and Aviation Electronics Technician 3rd Class Clifton Lyons, 20. Hometowns were not immediately available.

All four crewmembers were recovered by a second helicopter, also participating in the VERTREP, were returned to USS Seattle.

The aircraft's co-pilot and one crewman suffered minor injuries, not both pilots as previously reported. Co-pilot Brittingham received a minor injury to her nose and crewman Petty Officer Maul separated his shoulder. The other two crewmembers were unharmed.

Both helicopters belong to Helicopter Combat Support Squadron 6, Detachment 4, embarked aboard Seattle.

There was some minor damage done to the flight deck safety nets on Mount Baker. The incident is under investigation.

USS Seattle is part of the USS John F. Kennedy (CV 67) Battle Group.

DoD funds USS Monitor salvage operation

WASHINGTON (NNS) — The Department of Defense (DoD) announced Feb. 8 that it

will provide more than \$6.5 million in Fiscal 2002 funding from the DoD Legacy Resource Management Program to continue the Navy's salvage operation to recover the Civil War-Era USS Monitor's 120-ton turret and associated artifacts.

DoD began funding the conservation effort in fiscal 2000 to assist in the recovery of valuable Monitor components while enhancing the Navy diving and salvage capability through operational training.

Assistant Deputy Under Secretary of Defense for Environment John Paul Woodley Jr. oversees the DoD Legacy Program that provides funds to Naval Sea Systems Command (NAVSEA) for selective recovery of portions of the Monitor. NAVSEA provides program management support through engineering services, diving oversight and coordination of fleet commands.

Mobile Diving and Salvage Unit (MDSU) 2, based at Norfolk, Va., serves as the Navy on-scene commander. As of 2001, dive teams have recovered the ship's cast-iron propeller, propeller shaft and engine. The goal of the 2002 expedition will be retrieval of the Monitor's turret that detached from the vessel when it sank 240 feet to the bottom of the Atlantic Ocean, off Cape Hatteras, N.C., and came to rest under the ship's stern.

The federal government designated the Mariners' Museum in Newport News, Va., as custodian of the artifacts and archives of the Civil War ironclad, the USS Monitor, in 1987.

Woodley will visit the museum to receive a tour of the conservation area and an overview of the Navy recovery efforts.

For more information, contact the Mariners' Museum at (757) 591-7738. For information on the USS Monitor recovery project, go to <http://www.monitorcenter.org>.

GITMO Fleet Hospital is now open for business

By JOC Bill Austin
Fleet Hospital 20

Normally when a new hospital opens for business, it can be a grand affair that lends itself to a ribbon cutting ceremony or a speech from a dignitary. Not so for the opening of Fleet Hospital 20. No pomp and circumstance for the Sailors who built it or the Sailors who work there as they opened their doors to their first patient, a detainee.

Just over a week ago, Sailors from Fleet Hospital 20, based out of Camp Lejeune, N.C., arrived here, and with the help of Navy Seabees, cleared land and set up a series of massive tents that serve as a field hospital for wounded detainees held in Camp X-Ray.

"What is really exciting about training with the Hospital Corpsmen and all the different rates, including our Seabees that make up the fleet hospital, is that never in their wildest dreams before Sept. 11 did we think we would have a mission like we have on our hands now," said Master Chief Corpsman, Clifford Phillips, who serves as the hospital's Command

Master Chief.

"The type of mission we have now is something that has never been heard of in Navy medicine," he continued. "We are writing new chapters in healthcare delivery every day here. I'm especially proud of our junior personnel, as they have given 110 percent out here. We have shown that we can take this navy hospital and deliver it anywhere in the world and have it set up and running within a week's time. I can't think of a better way to end a 30-year career than to be right here with this fine group of Sailors delivering healthcare in Guantanamo Bay, Cuba."

Outside the hospital in the blazing sun, Sailors of Fleet Hospital 20 were busy fine-tuning their areas of responsibility around the compound. "We have one heck of a team here," said Chief Hospital Corpsman Les Adams, as he wiped a sweaty brow.

"We sure ain't konkin' here," he added, referring to collecting conch shells at the beach.

KUDO KORNER



Photo courtesy Lt. Eric S. Young, HS-7 PACO Eckert, Weymouth, Worth, Boudreaux, Belk and Berg following Quarters at HS-7.

The "Dusty Dogs" of Helicopter Antisubmarine Squadron (HS) 7 recognized some of their outstanding performers at Quarters on Feb. 1. Cmdr. Andrew Macyko, HS-7 commanding officer, personally presented seven awards for superior performance. The following awards were presented:

Junior Sailor of the Quarter

AW2(AW/NAC) Brett Eckert
Letter of Commendation
AEAN William Weymouth

Enlisted Aviation Warfare Specialist (EAWS)
AW2(AW/NAC) Brett Eckert
Navy and Marine Corps Achievement Medal

Lt. Robert Belk
AWC(AW) Rhett Boudreaux
Sikorsky 3,000-Hour Patch
AWC(AW/SW/NAC) Robert Berg
Sikorsky 1,000-Hour Patch
AW2(AW/SW/NAC) Andrew Worth

Fleet Area Control and Surveillance Facility, Jacksonville presented the following awards at an awards ceremony on Feb. 5.

Navy and Marine Corps

Achievement Medal
OS1 Sylvester Jones
Good Conduct Award
OS2 Tavares Ricks

On The Go With USO

The USO has tickets for the following upcoming events:

Monster Truck Show - March 2. Pit party starts at 4:15 p.m., gates open at 5:30 p.m. and the main event begins at 7:30 p.m.

USO ticket prices are \$16 for club seats and \$14 for general admission. All tickets include a free "Pit Pass" to the party, a \$5 value. Orders will be taken through Feb. 27.

Harlem Globetrotters

- March 6. A pre-game Chalk Talk begins at 5:30 p.m. and the game begins at 7 p.m. USO tickets are \$15 and \$18. Box seats are \$27. Orders will be taken through Feb. 29.

Dragon Tales Live "Missing Mystery" - Music

March 7 at 7 p.m. All seats \$12.00

March 8 at 10:30 a.m. (matinee) and 7 p.m.

March 9 at 1 p.m. and

4:30 p.m.

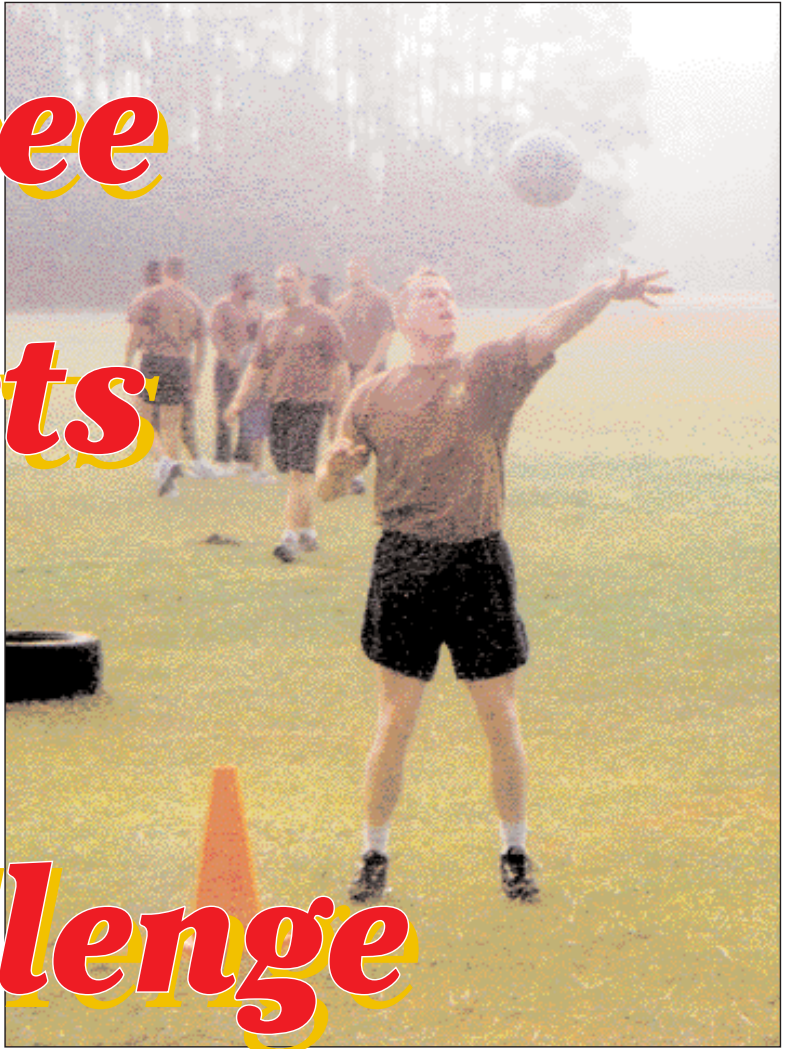
March 10 at 1p.m. and 4:30 p.m.

Ticket prices are: \$12 for the March 7 show, \$15 and \$11 for all other shows except the children's matinee when tickets are \$9. Orders will be taken through March 1.

All tickets ordered through USO will be picked up at the Will Call window. To order tickets call JoAnn or Charlene at 778-2821.

CAN DO

Seabee Sports Day Challenge



BU1 John Swartz serves the winning point to capture second place for CBU 410 in the Seabee Sports Day.



CBU 410 Officer in Charge LT.(SCW) CEC Ben Puig runs the obstacle course as he competes against CBU 412 Officer in Charge Ens. (SCW) CEC Eric Hass at the Seabee Sports Day.

Sports day a real teamwork builder

By JO2(SCW) Eric Clay
Staff Writer

Recently Construction Battalion Unit (CBU) 410 hosted their quarterly Sports Day. Invited to participate were CBUs from Naval Station Mayport (CBU 420), Naval Submarine Base Kings Bay (CBU 412) and the reserve battalion aboard NAS Jacksonville (NMCB 14).

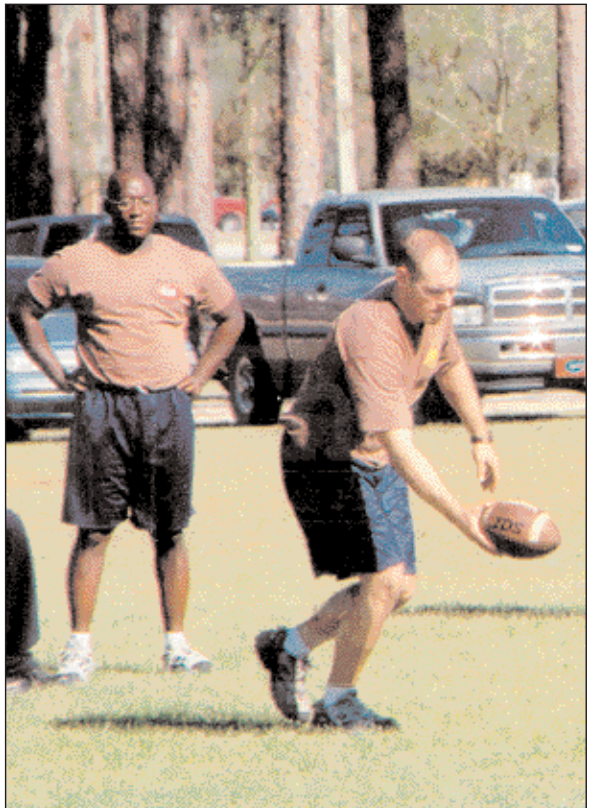
Events of the day included volleyball, a relay race, a punt-pass-catch activity and an obstacle course.

CBU 410 placed first in the relay and

obstacle course events. They had second-place finishes in the volleyball and punt-pass-catch events. They finished, tied with CBU 412 at the end of the day's events.

To break the tie score, the officers in charge of the units competed in a winner-take-all obstacle course challenge. At the end of this challenge the two times were very close. Unfortunately, CBU 410 lost, but showed good sportsmanship in their loss. LT.(SCW).CEC, Ben Puig, officer in charge of CBU 410, remarked, "It is not a competition between CBU 420, 412 and 410 because we are all Seabees and the goal is to have fun and display Seabee teamwork."

*Photos by
JO2(SCW)
Eric Clay*



UT2 Vince Lettiere prepares to punt the football during the punt, pass and catch competition in a recent Seabee Sports Day hosted by CBU 410.

CAN DO



UT2 Mathew Pfitzner inspects the newly refurbished Seabee symbol at the entrance of the NAS Jacksonville Seabee Compound on Birmingham Avenue

Seabee face-lift

Construction Battalion Unit symbol repaired

By JO2(SCW) Eric Clay
Staff Writer

The replica Seabee that stands proudly in the front of the CBU 410 compound has recently been repaired.

The bee is a replica of the original bee created by Frank J. Lafrate. Lafrate was a file clerk at the Naval Air Station Quonset Point, R.I. in 1942. He was selected to

draw a "Disney Type" character to represent the newly founded Construction Battalions.

At first his idea was to have a beaver represent the battalions, but he learned that when a beaver is in trouble, it runs and hides.

He decided on a bee, because a bee doesn't bother anyone unless it is provoked. As

a defensive unit, the bee was best to represent the battalions.

In his drawing of the bee, there was a rate on each arm representing each rate in the construction battalions. The bee carried construction tools in its back two hands. The bee also carried a Tommy gun in his front hands.

The bee had been damaged over the past

years due to weather and wind-blown debris.

UT2 Mathew. Pfitzner and BU2(SCW) Manual Baca have been working diligently on the bee for three weeks. The work consisted of sanding the old paint, repairing the body damage and repainting.

Now the bee is back in front of the compound, showing the pride of the Seabees.

Seabee artist captures beauty of nature

By JO2(SCW) Eric Clay
Staff Writer

Being a Seabee doesn't always mean being in the construction mode of thinking. UT1 Jon Smith is a prime example of this.

Smith in his spare time enjoys painting. He painted the first-place Christmas card at last years contest, sponsored by MWR.

He started painting when he was a teen-ager and has enjoyed doing it ever since.

His painting experience started when he was out surfing and saw how much



UT1 John Smith enjoys capturing scenes from nature when he's not working as a utilityman at CBU 410.

he liked the waves and the horizon. This inspired him to capture the images that he saw and put them on canvas.

"At first, I didn't know the technical aspects of painting, but I thought that it turned out pretty anyway," said Smith.

"I joined the military to see the world and I enjoy painting the different places and nature that I saw at these places," he added.

After an absence from

painting, Smith was stationed in Iceland where he was inspired once again. Smith said, "Watching the waves hit along the cliff side made me want to capture the beauty."

Smith would take 10-mile walks through the mountains with his dog to enjoy nature and capture ideas for his art.

Smith is also in charge of the Central Tool Room at CBU 410.

Seabee Sailor of the Year



SK1(SW) Stan Murray was recently selected CBU 410 Seabee of the Year for 2001. Murray has been assigned to the unit since March of 2000. He has filled an independent storekeeper billet, in which he was responsible for a budget of in excess of \$138,000. The budget includes funding for uniforms and maintenance parts. He was also responsible for finding the funds required for training personnel for their required NECs. During his command inspections, Murray received outstanding results in all supply areas. Murray said, "I would like to thank the unit for selecting me, but I feel as though I was only doing my job."



HS-7 Sailor of the Year, AD1(AW) Dion V. Pepper

Peffer named HS-7 Sailor of the Year

By Lt. Eric S. Young
HS-7 PAO

The "Dusty Dogs" of Helicopter Antisubmarine Squadron (HS) 7 recently named AD1(AW) Dion Peffer as their 2001 Sea Sailor of the Year.

Peffer has long been an integral member of the HS-7 team, and from the start distinguished himself as a leader and professional. As Leading Petty Officer of the Powerplant Division he developed the shop into what both the Commander Helicopter Antisubmarine Wing Atlantic (CHSWL) and the Commander Naval Air Forces Atlantic Fleet (CNAL) inspectors would call "one of the best Powerplant work centers in the fleet." His tireless efforts, devotion, and personal initiative were a significant part of helping HS-7 to win a second consecutive CHSWL Maintenance Trophy, the Commander, Carrier Air Wing Three (CVW-3) Golden Wrench Award for Maintenance Excellence, the third CHSWL nomination for the Secretary of Defense Phoenix Award, the CNO Safety "S" Award and the Arnold J. Isbell Award.

Peffer has served as a mentor to many of the young Sailors entering not only his work center, but the squadron as a whole. His unflappable, unassuming nature topped with a quick wit makes him extremely approachable and someone sought out for both professional and personal advice among the 184 other "Dustys." This has reinforced his reputation as not only the consummate professional but as an understanding friend and mentor as well.

Peffer is the embodiment of leadership by example, whether it is sacrificing countless off duty hours to ensure all work center programs run in accordance with safety and production guidelines or devoting his time towards cross training the junior Sailors in his division. He does this in order to make them more rounded and effective Sailors not only for the command, but also to prepare them for advancement. His proactive involvement on Professional Development Boards and the Command Retention Team consistently produced high retention rates that earned HS-7 the CINCLANTFLT Retention Honor Award for 2001.

He not only exhibits uncommon leadership abilities with junior Sailors, but has excelled as a peer group leader as well. He is a major presence in CVW-3's First Class Association, and during the "Dusty's" deployment on board the USS Harry S. Truman (CVN 75) Peffer repeatedly volunteered to help shipmates in Bahrain and participated in Chaplain Corps sponsored community relation projects.

Peffer's Navy career can be best summarized as meteoric and inspirational.



Photos courtesy HS-7

HS-7 Sailor of the Year AD1(AW) Dion V. Peffer performs last minute safety checks as the Quality Assurance Representative before a helicopter launch.

Among numerous unit and service awards, he has received six Navy and Marine Corps Achievement Award, four Good Conduct Medal, nine letters of Commendation and designation as an Enlisted Aviation Warfare Specialist. He was the HS-7 Senior Sailor of the Quarter for the third quarter of 2001, twice named the Sikorsky Maintenanceman of the Quarter, and recognized as both the Instructor of the Quarter and Instructor of the Year at previous commands. He has attended 26 different Navy professional schools in his successful quest for personal and professional excellence.

Despite the arduous operational tempo of sea duty, Peffer still finds time to interact with the Jacksonville community. He has volunteered in fundraisers for Venetia Elementary School and helped raise more than \$800 for much needed school supplies. He also volunteered for the "Men Can Read" Literacy drive at Venetia. Peffer also places a high priority on making time to spend with his wife Jennifer and two children, six year-old Alexis and three-year-old Brandon.

HS-7 Commanding Officer Cmdr. Andrew Macyko, stated that "AD1(AW) Peffer set the standard for sustained superior performance by which all petty officers in this command are measured. His unrelenting perseverance and extraordinary drive prevailed against the most difficult and challenging circumstances that arose throughout the year."

NLSO announces income tax note

DFAS North Charleston, the Naval Legal Service Office Southeast (NLSO SE) Claims Department paying agent, mailed Miscellaneous Forms 1099 (1099 MISC) to personnel paid household goods damage claims during 2001.

However, compensation for damages to personal

property paid under the Military Personnel and Civilian Employees Claims Act (PCA) is not taxable income.

DFAS is aware of this matter and is going to correct its reports to the IRS.

However, if you cannot wait for DFAS to notify you that this matter was corrected prior to filing

your tax return, do not include the PCA payments as income.

If you have already filed your taxes and declared the PCA payment as income, you may file an amended return upon receipt of DFAS corrected 1099 MISC notice.

NLSO SE recommends you retain all records concerning this matter.

'Dusty Dogs' return from Bahamas tan, ready to fight

By Lt.j.g. Kris Robinson
HS-7 PAO

On the Jan. 26, the "Dusty Dogs" of Helicopter Antisubmarine Squadron (HS) 7 returned to NAS Jacksonville after a three day detachment which marked the beginning of training to prepare the squadron for deployment later this year.

The "Dustys" spent three days at AUTEC, the Navy's Atlantic Underwater Test and Evaluation Center, located on Andros Island in the Bahamas. Despite the call to relax and kick back in a tropical location, the pilots, aircrew, and maintainers who kept the helicopters flying came down to work and train, not play.

Over the three days spent in AUTEC, HS-7 garnered invaluable training in one of its primary mission areas: undersea warfare (USW). Flying three SH-60F helicopters, the crews of Dusty 612, 614, and 615 flew a total of six dual-helicopter missions and completed an impressive 12 of 12 successful practice torpedo drops on the MK-30 target. As well as the actual drops, the Dusty Dogs launched over 30 simulated attacks.

Training in the Bahamas also resulted in new personnel qualifications. Three pilots, Lt. James Watson, Lt.j.g. Rob Wagstaff, and Lt. Mike Sypniewski were designated Helicopter Aircraft Commanders (HACs). This



Photo courtesy HS-7

Dusty 610, armed with torpedoes, flies over the AUTEC range, Andros Island, Bahamas.

accomplishment represents the culmination of almost a year and a half of dedication and hard work on the part of the pilots and enables them to command a helicopter in all of the various mission areas assigned to a HS squadron.

Of course pilots are only one part of what it takes to make an effective warfighting team. Also passing a significant milestone was AW2 Sean Navin, who earned his designation as Tactical Sensor Operator (TSO), the ASW equivalent of becoming a Crew Chief. All these individual accomplishments are really a team effort, reflecting significant time and effort on the part of everyone involved from the Line division who get the aircraft ready to fly, to the Maintainer that keeps the

aircraft flying

Joining HS-7 in AUTEC was Commander, Carrier Airwing Three Capt. Dave Philman. Philman is CAG of the Airwing that the "Dustys" deploy with aboard the USS Harry S. Truman. HS-7 was proud to have CAG join them at AUTEC. It was HS-7's chance to show CAG the intense training necessary to master the art of USW.

Topping off his visit with the "Dustys," CAG (a TACAIR jet pilot) flew in one of the USW events and successfully dropped a torpedo on the AUTEC range.

Afterward, Philman remarked, "That was great. I have dropped plenty of ordnance on the ocean; but that is the first time I have ever dropped a weapon under it."



Photo by AD1 Michael Alford

HS-3's AD1(AW) Editha Blakeman and her husband AD1 Tommy Blakeman of AIMD enjoy their helicopter flight after their inflight reenlistment.

Husband and wife, both AD1s, re-enlist in flight

By NC1 Marie Malacara
HS-3 Command Career Counselor

AD1(AW) Editha Blakeman of Helicopter Antisubmarine Squadron (HS) 3 and AD1 Tommy Blakeman of AIMD re-enlisted onboard an H-60F helicopter flight on Jan. 15.

Both of the Blakeman's reenlisted for a term of three years for orders to Atsugi, Japan. Reenlisting officer was Cmdr. Lee W. Schnenberg, HS-3 com-

manding officer, and Cmdr. Michael Hudson of Carrier Air Wing Eight, co-pilot for the flight.

The Blakemans met while serving onboard NAS Jacksonville. They were married in 1998.

AD1(AW) Edith Blakeman has a total of 16 years active duty service and her previous commands include Patrol Squadron (VP) 16, HS-7, Aircraft Intermediate Maintenance Department Jacksonville (Powerplants), Navy Recruiting District

(NRD) Montgomery, Alab., VP-49, AIMD and NAS Cecil Field (Powerplants).

AD1 Tommy Blakeman has 10 years of active service and his previous commands include VP-11 and USS Saratoga.

The Blakemans have two children; Andrew, age 13 and Brynna, 22 months.

They plan to transfer in October and serve in Atsugi, Japan for a three-year tour.

Navy-Marine Corps Relief Society

Make Us Your First Resource:
Not Your Last Resort!

542-3191

Your source
for news

NEX flower shop knows how to say Happy Valentine’s Day



Mitzi Thornton arranges a beautiful rose floral arrangement at the NEX flower shop.

Photo by JO2(SCW) Eric Clay

Make your Valentine’s Day flowers last a bit longer

From the Navy Exchange Service Command

Have a headache? Take an aspirin. Want to save some money, put your change in your pocket, not in a flower vase.

These myths have been passed down from generation to generation to keep fresh flowers alive longer. Aspirin may reduce water pH, possibly preventing some bacteria and fungi growth, but it doesn't provide energy. Old pennies, which had more copper may have a similar affect as aspirin, but new coins lack the copper to help extend vase life. That citrus flavored soda you didn't finish and were thinking of pouring in the flower vase will actually promote bacteria growth due to the high sugar content.

So, what will extend the life of your fresh flowers? "Fresh flowers stay healthier longer by simply using a commercially pre-

pared floral preservative," said Freida Anderson, flower shop business manager at NEXCOM. "We provide a pre-measured preservative packet with every bouquet or flower arrangement purchased. Using the preservative provides nourishment for fresh flowers while keeping the water in good condition by prohibiting bacteria and algae growth, which can clog stems and shorten vase life."

In addition, display the flowers away from heat sources, such as a television set and air vents. Also, change the vase solution every few days to maintain freshness. "Every three to five days is ideal, but if the water clouds sooner, change it," said Anderson. "Re-cutting stems under water at an angle each time the water is changed helps restart the water uptake process. This is vital to the life and appearance of your flowers."

Win tickets to see Harlem Globetrotters

From NEXCOM

Curley, Orlando, Fess and Shark. Names from the latest boy band?

No, they are basketball players from America's Team, the Harlem Globetrotters. The team will be dribbling its way to the Jacksonville Veteran's

Memorial Coliseum on March 6.

To ensure you see all the action in person, the Navy Exchange Service Command (NEXCOM) and Reebok are giving away free general-admission ticket vouchers to the games.

A Harlem Globetrotters autograph signing will be held Feb. 27 at 5 p.m. in the

Shoe Department. Come out and meet Guard Eathan O'Bryant and register to win VIP and general admission tickets. The VIP tickets include entry into the Burger King Pre-Game Chalk Talk on March 6 at 5:30 p.m.

Entry boxes are currently set up in the Shoe Department.

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9

a.m.-1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to

their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited Adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held at the Lil' Angels room at St. Joseph's main church on Loretto Road. Call 268-1591.

Unit 126 Ladies Auxiliary of the Fleet Reserve Association will hold its monthly meeting today at 10 a.m. at the Fleet Reserve Hall. Tomorrow at 5 p.m., the association will hold its birthday celebration with a covered dish dinner and entertainment by the Big Orange Barbershop Quartet. The cost is \$3. For more information call 771-2936.



MWR NOTES

24th Annual Navy Run

10K Run/5K Walk

Saturday, April 6, 2002 at 8am

Active Duty FREE prior to April 6

\$15-Registration Fee
(waived for personnel & guests prior to April 6)

\$20-Day Of Registration Fee (ALL)

542-3518

Visit Jax Navy House at any 2018 Facility. One entry will be credited to previous visits. Military Government 15 and 16 and 17. Cards are arranged by the Government Operator.

The Zone: 542-3521
Celebrate National Potato Lovers Month at The Zone!
Yesterday's Café will be offering a Potato Bar Feb. 19-22 for only \$4/person.

Problems finding parking around base? Too busy to get away? Let the food come to you anywhere on base. The Delivery Zone offers a wide variety of menu items that can be brought right to you anywhere on base and in the month of January if you order any large 16" pizza you get a free order of cheesy bread sticks. Call 542-3900 to place your delivery orders.

Budweiser Brew House: 542-5009
Budweiser Brew House is offering many different specials throughout the month. Enjoy Happy Hour on Mondays, Wednesdays, Thursdays and Fridays from 4 p.m. to 6p.m. and Tuesdays will feature a different specialty beverage special.

Mulberry Cove Marina
Learn to Sail and get your basic sailing/Skipper B certification at Mulberry Cove this spring.
Basic Sailing Centerboard cost is \$80
Class 1: March 9-April 7
Class 2: April 23-May 21
Class 3: June 1-June 23
Basic Sailing Keelboat cost is \$55, call us for times and details.

I.T.T.: 542-3318
The River ship Romance - Indulge yourself on a relaxing three-hour luncheon cruise aboard the River ship Romance on Feb. 23. You will have a choice of entrees and listen to entertainment while you cruise the river. Later you can see the city of Sanford and do a little shopping, for a perfect end to your day. Price includes transportation, lunch and boat tour for \$43.50.
Reel in the Big One - Don't let this one get away! Spend the day on a deep sea fishing charter Sunday, February 24. The boat will take you out 20-30 miles where you could catch snapper or maybe some grouper for dinner. Everything that you need to fish will be pro-

vided. Adults \$60.75, seniors \$55.75, and children under 14 are \$50.75.
St. Patrick's Day in Savannah - The luck of the Irish will be out in full force in Savannah to celebrate St. Patty's Day. Watch the greatest parade around on Saturday, March 16 and you will not even have to drive, we are going to do that for you. Cost is \$23 per person and includes a bleacher seat for a first class viewing of the parade.

Liberty Events
Check out Liberty Cove Recreation Center located on the corner of Jason Street and Yorktown Avenue where active duty may enjoy free internet access computers, Sony Playstations 2, Sega Dreamcasts, Nintendo 64's, pool, darts, movie/TV area and more and no cost. Liberty also offers a variety of events:
Feb. 18-Paintball Trip
Feb. 22 at 7 p.m.-Madden '02 Tournament
Feb. 24 at 7 p.m.-Ping Pong Tournament

NAS Lanes: 542-3493
Looking for a great affordable place to hold a party? How about NAS Lanes? NAS Lanes has a variety of party packages to fit any party need, give us a call and reserve your date today.

Free Movies
Free Movies are shown in the Base Theater on Jason Street every Friday at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Please bring your own snacks, no alcohol please and do not leave children under 18 unaccompanied.
Feb 15, 7 p.m.: A.I. (PG-13)
Feb 16, 5 p.m.: Pokemon 3
Feb. 16, 7p.m. The Glass House (PG-13)
Feb 22, 7p.m.: The Last Detail (R)

Visit MWR online at www.nas-jax.navy.mil and look for the tab marked MWR. This is your tab to unlimited fun.

20th Annual Bass Tournament

Presented By Mulberry Cove Marina

Saturday, April 13, 2002 at
Safe Light

165-Entry Fee Per Boat (prior to April 1)

575-Entry Fee Per Boat (after April 1)

Twin Funnels 2 Anglers Per Boat

120 Big Bass Per Entry (Optional)

542-3260

Open to Authorized Bass Personnel



Meal hours
Monday through Friday
Breakfast: 6 to 7:30 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6 p.m.
Saturday, Sunday and holidays
Breakfast: 6:30 to 8:30 a.m.
Brunch: 10:30 a.m. to 12:30 p.m.
Dinner: 4 to 5:30 p.m.

Meal costs
Breakfast - \$1.50
Brunch/Lunch - \$3
Dinner - \$3

Thursday Breakfast
Corned beef hash
Home fried potatoes
Boiled eggs
Grits
Grilled ham slices
Waffles
Omelets and eggs to order
Lunch - Fiesta Special
Mexican chicken
Mixed vegetables
O'Brien potatoes
Beef tacos
Beef fajitas
Refried beans
Mexican rice
Beef noodle soup
Blueberry crisp
Dinner
Swiss steak
Rice pilaf
Whole kernel corn
Fresh pork ham

Egg noodles
Green peas w/mushrooms
Tomato rice soup

Friday Breakfast
Minced beef w/toast
Hashed brown potatoes
Oatmeal
Boiled eggs
Grilled sausage links
Pancakes
Omelets and eggs to order
Lunch
Parmesan fish
Lyonnaise potatoes
Steamed asparagus
Corn chowder

Ginger pot roast
Steamed rice
Lima beans
Peanut butter cookies
Dinner

Salisbury steak
Rice pilaf
Green beans
Chicken chow mein
Scalloped potatoes
Stewed tomatoes
Chicken noodle soup

Saturday Breakfast
Baked sausage links
Hashed brown potatoes
French toast
Omelets and eggs to order
Corned beef hash
Grits
Boiled eggs

Brunch
Baked sausage links
French fries
Mixed vegetables
Chili macaroni
Coleslaw
Old fashioned soup
Eggs to order

Dinner
Barbecue beef cubes
Steamed noodles
Steamed carrots
Chicken mushroom soup
Grilled ham steaks
Parsley boiled potatoes

Southern style green beans
Pineapple sauce
Coleslaw

Sunday Breakfast
Oven fried bacon
Cottage fried potatoes
Pancakes
Eggs and omelets to order
Grilled ham slices
Oatmeal

Brunch
Eggs to order
French fried onion rings
Mulligatawny soup
Steak and Cheese Subs
Steamed broccoli

Dinner
Roast Pork Loin
Duchess potatoes
Green peas
Baked chicken w/rice
Buttered egg noodles
Savory summer squash
Beef noodle soup

Monday Breakfast
McMuffin sandwiches
Hash brown potatoes
Grits
Omelets and eggs to order
Creamed beef w/biscuits
French toast puffs
Boiled eggs

Lunch
Baked tuna, noodles
Franconia potatoes
Harvard beets
Vegetable soup
Salisbury steak
Tossed green rice
Glazed carrots

Dinner
Liver w/onions
Rice pilaf
Steamed succotash
Zesty bean soup
Creole chicken
Baked potatoes
Steamed broccoli

Tuesday Breakfast
Cottage fried potatoes

Texas hash
Rolled oats
Grilled bacon
Boiled eggs
Pancakes
Eggs, omelets to order
Lunch
Braised pork chops
Buttered noodles
Green beans Parisienne
Swedish meatballs
Steamed rice
Corn O'Brien
Beef barley soup

Dinner
Oven fried fish
Lyonnaise rice
Vegetable supreme soup
Macaroni/cheese
Cantonese ribs
Steamed carrots
Herbed broccoli

Wednesday Breakfast
Home fried potatoes
Farina
Boiled eggs
Eggs and omelets to order
Grilled ham slices
Blueberry pancakes
Grilled bacon

Lunch
Stuffed fish fillets
Steamed broccoli
Minestrone soup
Spaghetti noodles
Spaghetti w/meat sauce
Club spinach
Garlic bread
Orange rice

Dinner
Szechwan chicken
Pork fried rice
Vegetable stir fry
Stuffed peppers
Simmered egg noodles
Beef tomato soup
Southern fried okra

Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

‘Crews Into Shape’ at the Wellness Center

By Cmdr. Katherine Natoli

March is National Nutrition Month, the Navy Environmental Health Center, Wellness Center and MWR Fitness Source are offering a four-week challenge “Crews into Shape,” a competition that brings individuals together in a team approach to wellness. If you want to improve your health, nutrition, energy level, readiness, weight, exercise routine, and/or reduce your stress, then here is how to participate.
• Find four to 10 team members
• Pick a leader and a team name
• Challenge others at your command to use March, Nutrition Month to “Crews into Shape”.
Points are earned for the following:

- Exercising
 - Maintaining or achieving a weight goal
 - Eating a combination of five or more fruits and vegetables daily
 - Drinking water daily
- The top three teams at NAS Jax will get awards, the top four teams in the Navy and Marine Corps will get awards from the Navy Environmental Health Center. All members completing the challenge will be given certificates. The Challenge runs from March 4 to 31. Teams may consist of active duty, reservists, retiree, family members or civilian employees of the Navy/Marine Corps. Contact the Wellness Center at 542-5292/3/6 to participate. There are some pre-contest requirements that need to be completed before the contest begins, so start cruising now.

Saluting Our American Heroes

Mardi Gras 2002 at Universal Studios

To the remarkable Police, Firefighters, Active Military and Rescue professionals who offer their dedication and service everyday, Universal Orlando would like to say “thank you.”
In honor of your dedication and service, Universal Studios Florida would like to invite Police, Firefighters, Active Military and Rescue groups from the Central Florida area to march in our 2002 Mardi Gras Parade.
Simply sign up a group of 10-25 people from your organization to participate

in our Mardi Gras Parade. Remaining Mardi Gras parade dates are as follows: Feb. 15, 16, 23; March 1, 2, 8, 9, 15, 16 and 17; April 6 (Consecutive nights).
You will be our honored guest and we invite you to share your pride! Please bring any banners, signs and/or flags that represent your group to carry in the parade. Please also come dressed in uniform.
Keep in mind Universal Orlando is currently offering our Salute to Heroes program, which entitles you to complimentary four-day

admission to Universal Studios, Islands of Adventure and Wet n Wild and up to five additional one-day, Bonus Pass, four-day pass or Wet n Wild tickets for family or friends at a 50 percent discount at the time that you receive your complimentary pass. You will be able

to take advantage of these entitlements when you visit Universal Studios Florida for Mardi Gras 2002.
If you and your group are interested in this exciting opportunity please call 407-224-5454 for further information and to sign up.

VP-30 takes Captain's Cup for three-peat!



Photo by JO2 Jackey Bratt

Patrol Squadron (VP) 30 Intramural sports team members with a proud VP-30 Commanding Officer Capt. Brian Prindle (right) display the 2001 NAS Jacksonville Captain's Cup Trophy shortly after it was presented on Feb. 7. VP-30 finished on top in the Intramurals for the third consecutive year, showing strong athletic ability both on a team and individual competitive basis. The Captain's Cup Champions participated in 14 of 20 Captain's Cup events. They were the base champions in spring volleyball, fall softball, basketball, and soccer. YN2 Truban Harrison and Lt. Susan Miller were both first place winners in the Jingle Bell Jog. Harrison finished a respective second place in the Turkey Trot. VP-30 was also the base runner-up in the spring softball and fall volleyball tournaments.

JAX SPORTS

Sports officials and scorekeepers needed

The North Florida Military Officials Association looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball and softball. Experience is not required. If interested, contact Al Vandercar at 282-0809.

Men's varsity basketball & softball coach wanted

The NAS Jax Athletic Department is looking for experienced military or civilian individual who would like to coach the Men's Varsity Basketball or Softball Team. Team represents NAS Jax in military and community tournaments in southeast region. Interested personnel should contact NAS Jax Athletic Department.

Sports Teams Organizing

Intramural Soccer League - Rosters due Feb. 22, season begins March 4. If your command does not have a team, you can sign up to play for another team. Open to all active duty commands and personnel.

Intramural Softball League - Rosters due March 8, season begins March 18. Open to all active duty commands and personnel.

Greybeard Softball League - Games will be played on Tuesdays and Thursdays, 11:30 a.m. Rosters due by March 8, season begins March 18.

Women's Softball League - Open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. Rosters due by March 8, season begins March 18.

Open Softball League - Open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. Rosters due March 8. Season begins March 18.

Intramural Volleyball Meeting -March 6 in the MWR Conference Room (Bldg. 590) at 11:30 a.m. Games will be played on Mondays, Wednesdays and Fridays at 11:15 a.m. and noon. Season begins April 1.

Men's, Women's Open Racquetball Tourneys Feb. 25-28

The tournaments are free and open to all NAS Jax authorized patrons (active duty, dependents over 18, retirees, and DoD/NAF civilian employees). There are two divisions: competitive and recreational. The competitive division will be played Feb. 25-28 and the recreational division will be played March 4-8. Matches will be played nightly at the NAS Jax Gymnasium beginning at 5 pm. Sign up at the NAS Jax Gymnasium by Feb. 20.

Running and Triathlon Team

Competitive runners are wanted to represent U.S. Navy in 5k, 10k, marathons, and/or triathlons? U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top ten

regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional Qualifying Times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3 Hrs. 30 Min.	Women 4 Hours
Triathlon	Men 2 Hours 30 Min.	Women 3 Hours
Triathlon time based on 1.5k swim, 10k run, 40k bike		

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.

Standings As of Feb. 8

Intramural Basketball League

Team	Wins	Losses
VP-30	13	2
VP-45	10	3
TPU	11	3
BMC	11	4
AIMD	9	5
VS-30	7	5
HS-3	7	6
VP-16	6	9
FACSFAC	6	10
VS-24	3	10
BLOUNT ISLAND	3	10
HS-7	2	9
VS-22	1	13

Greybeard Basketball League

NAMTra	7	1
SERCC	5	3
VS-30	5	3
CPRW-11	3	4
2BN351	2	4
FACSFAC	0	6

4 On 4 Flag Football

NLSO	5	0
VP-30	3	1
HS-75	3	2
VS-24	3	2
ASTC	2	2
CNRSE	2	3
HS-3	1	5

JAX TALES

By Mike Jones - mikejones43@hotmail.com

